**PUMPKIN – LENTILS – BARLEY**

**100 g barley salad mix**

**20 g walnut roasted**

**100 g roasted pumpkin**

**40 g walnut dressing**

**30 g finely sliced kale**

**15 g pickled pumpkin**

**Puff quinoa (optional)**

**BARLEY**

**500 g pearl barley**

**Water**

**Rosemary or thyme**

* Place water and herbs in a pot and bring to boil
* Add the pearl barley and reduce to simmer
* Cook for 45 minute until the barley is cook but still chewy
* Drain the barley, remove the herb and add olive oil & seasoning
* Reserve

**LENTILS**

**500 g green lentils**

**1 onion**

**1 carrots**

**1 celery**

**2 garlic cloves**

**Bay leaf**

* Rinse the lentils under water
* Place the lentils in a pot with all the other vegetable
* Top up with water and bring the pot to boil
* Turn the heat down to simmer and cook for 15 minute or until the lentils are al dente
* Take the pot of the heat and season. Let cool down
* Drain the lentils, remove the vegetables and add some olive oil and seasoning
* Reserve

**BARLEY SALAD MIX**

**600 g pearl barley cooked**

**600 g lentils cooked**

**olive oil**

**salt**

**pepper**

**400 g finely diced red onion**

**300 g pumpkin seed toasted**

* in a large pot of boiling salted water, cook the barley for 20 minute or until soft but not explode
* Drain well
* Lay the cook quinoa on a tray and season with a little olive oil salt and pepper
* Let it cool down in the fridge
* Add the diced red onion and check seasoning

**ROASTED PUMPKIN**

**2 kg Pumpkin cut into 2 cm dice**

**100 g olive oil**

**rosemary**

**salt**

**pepper**

* In a bowl, mix the diced pumpkin with olive oil salt and pepper
* Get a large pan on the haet
* When the pan gets really hot, throw the pumpkin into it.
* Cook it until caramelized but not mushy
* Check seasoning

**HAZELNUT DRESSING**

**40 g honey**

**100 g white balsamic vinegar**

**10 g garlic grated**

**150 g grapeseed oil**

**100 g walnut oil**

**10 g lemon juice**

**salt & pepper to taste**

**PICKLED PUMPKIN**

**300 g sliced pumpkin**

**200 g Japanese vinegar**

**200 g water**

**60 g honey**

**10 g black peppercorn**

**2 whole cloves**

**2 bay leaf**

* Mix water, vinegar, honey and spice and bring to boil
* Take off the heat and let cool down
* Pass the pickle through chinois
* Place slice pumpkin and pickle into a vacuum bag and vacuum well